

Roasted Red Pepper Soup

A flavourful and light vegetarian soup

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INGREDIENTS

- 5 red bell peppers
- 3 tomatoes
- 2 medium white onions
- 5-6 garlic cloves
- olive oil
- salt
- black pepper
- dry thyme
- 200-400ml vegetable stock



DIRECTIONS

1. Wash the bell peppers and the tomatoes well. Half the bell peppers, remove the seeds and cube into medium pieces. Half the tomatoes, remove the hard green bits and cut into fourths.
2. Peel the garlic cloves and the onions. Cut the onions into fourths and leave the garlic cloves whole.
3. Take a large oven proof dish with high sides and add all the vegetables to it. Drizzle with some olive oil, season with salt, black pepper and thyme.
4. Cover with aluminium foil and bake the vegetables in 180°C bottom top heat in the middle shelf of the oven for 40 minutes. Then remove the aluminium foil and bake for another 40 minutes or until the vegetables are soft and start to slightly brown.
5. Remove from the oven and transfer the vegetables with the liquids into a medium pot. Blend the vegetables with an immersion blender until you have a smooth puree. Make the vegetable stock and start adding some of it to the vegetables while mixing. Add as much as you wish to reach the thickness you like for the soup.
6. Serve warm or cold with some crème fraiche or sour cream on top.